

# Universal Access

Outdoor Recreation  
Opportunities  
for People of all Abilities



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## Paddling

**Adaptive paddling programs** offer instruction, support, and equipment use free of charge for kayaking and canoeing. Call the Universal Access Program for a statewide summer schedule. Paddling programs are based at the following locations for weekly programs:

D.A.R. State Forest - kayaking  
Hopkinton State Park - kayaking  
Wells State Park - canoeing

**Paddling program** travels to various parks each summer for day programs including:

Blackstone River and Canal Heritage State Park  
Connecticut River Greenway State Park  
Dunn State Park  
Pittsfield State Forest  
Walden Pond State Reservation  
Waquoit Bay Nat'l Estuarine Research Reserve

**Paddleboat** features a hand cranking mechanism, with entry off an accessible floating dock. Fee for use.

Dunn State Park



Photo by Maribeth Dawkins


Welcome to the Massachusetts State Forests and Parks system. With more than 285,000 acres of property in its care, the Massachusetts State Forests and Parks system is one of the largest state park systems in the nation and offers a universal access program that is second to none.

The Department of Environmental Management's (DEM) Universal Access Program is dedicated to providing outdoor recreation opportunities in Massachusetts state forests and parks for visitors of all abilities. The office concentrates its efforts on landscape and structural improvements, providing specialized adaptive recreation equipment, and conducting accessible recreation programs.

This brochure highlights the state forests and parks that offer the very best accommodations for visitors who are interested in outdoor recreation, but can not take access for granted. Please contact our office for copies of this brochure on audio cassette, large print or braille. For more information or to receive a free copy of the newsletter that highlights the most recent developments in outdoor recreation at the state parks, contact:

**Universal Access Program**  
Department of Environmental Management  
PO Box 484  
Amherst, MA 01004  
413-545-5353 Voice 413-577-2200 TTY

Argeo Paul Cellucci, Governor  
Jane Swift, Lt. Governor  
Bob Durand, Secretary  
Peter C. Webber, Commissioner

Cover photo by Maribeth Dawkins  
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# Accessible Outdoor Recreation Opportunities

## Water Based Recreation



### Rowing

**Rowing program** utilizes adaptive rowing shells and staff instruction to make the joys of being on the river accessible to all. No fee. For information and registration call the Universal Access Program.

Connecticut River Greenway State Park, Elwell Recreation Area  
Lowell Heritage State Park, Merrimack River  
Quinsigamond State Park, Regatta Point



### Swimming, Sand and Sunbathing

Beach wheelchairs feature large balloon tires for travel across sand to the water. No fee to use - bring someone to push the chair. Reservations are sometimes required and always recommended.

\*Self-propellable beach wheelchairs offer the possibility of independent use for people with strong upper body ability. They feature ratcheting handles, and can also be used as a push chair.

One chair available at the following locations unless otherwise noted:

Beartown State Forest  
Carroll Holmes Recreation Area (Lake Wyola)  
Chicopee Memorial State Park  
Cochituate State Park  
D.A.R. State Forest  
Douglas State Forest  
Dunn State Park  
Halibut Point State Park\*



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Hampton Ponds State Park  
Harold Parker State Forest  
Hopkinton State Park\* (4 chairs)  
Horseneck Beach State Reservation (3 chairs)  
Lake Dennison State Recreation Area  
Massasoit State Park  
Nickerson State Park  
Salisbury Beach State Reservation (5 chairs)  
Sandy Point State Reservation (2 chairs)  
Scusset Beach State Reservation  
South Cape Beach State Park  
Walden Pond State Reservation

**Constructed wheelchair accessible site features include:**

Ashland State Park: Concrete platform with seating at water's edge. Steps and ramp, both with handrails, lead into water.

Bradley Palmer State Park: Gradual slope allows easy entry for wheelchair users at the wading pool.

Carroll Holmes Recreation Area (Lake Wyola): Boardwalk across nearly level beach to bench at water's edge with underwater mat extending out into the lake.

Erving State Forest: Ramp with handrails enables visitors who use wheelchairs to cross the beach and descend gradually into the lake.

**Outdoor Swimming Pool Lifts** are available at all of DEM's 20 state managed swimming pools. The pools are free. Contact pool directly for directions and information about other site factors affecting accessibility.

Agawam, Gerald J. Mason Memorial Pool, Armory Street (413)786-6254

Attleboro, George Spatcher Pool, North Avenue, (508)226-1062

Brockton, Frank Manning Memorial Pool, Forest Avenue (508)588-2562



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Photo by Maribeth Dawkins

Chicopee, Sara Jane Sherman Memorial Pool, Meadow Street (413)594-5376

Clinton, Philip Weihl Memorial Pool, Route 110, (978)365-4684

Fall River, Veteran's Memorial Pool, Eastern Avenue (508)679-8830

Fitchburg, Gustave Johnson Memorial Pool, 35 Wanoosnock Ave (978)342-6510

Holyoke, Feldman Pool, St. Kolbe Drive (413)533-8509

Lawrence, Geisler Memorial Pool, 50 High Street (978)687-1024

Lawrence, Lt. Col. Edward J. Higgins Pool, Crawford Street (978)687-0393

Leominster, Leominster State Pool, Viscoloid Avenue (978)537-8268

Lowell, Raymond Lord Memorial Pool, Fletcher Street (978)459-7370

Ludlow, John J. Thompson Memorial Pool, Highland Avenue (413)583-2504

Milford, Sen. P. Eugene Casey Memorial Pool, Route 140, (508)473-5998

Southbridge, Andrew J. Petro Memorial Pool, Gilbrater Field, Randolph Street (508)764-7342

South Hadley, Buttery Brook Memorial Pool, Route 33/ Williamansett Street (413)533-8634

Springfield, John Thomas Memorial Pool, Blunt Park Road, (413)736-7699

Westfield, Westfield Veterans Memorial Pool, Smith Avenue (413)568-8845

Worcester, Bennett Field Pool, 1260 Main Street (508)792-5515

Worcester, Dennis Shine Memorial Pool, 184 Providence St. (508)792-0727



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### Fishing

Fishing piers are located at the following sites:

D.A.R. State Forest  
Dunn State Park  
Hopkinton State Park  
Mt. Tom State Reservation  
Nickerson State Park  
Quinsigamond State Park at Regatta Point  
Scusset Beach State Reservation  
Townsend State Forest

Call for a schedule of **accessible fishing programs**.

## Land Based Recreation



### Cycling

Handcycles are multiple speed large tricycles propelled by hands, arms, and upper body. Available at concessions for rental use at the following sites:

Cape Cod Rail Trail, Brewster (508) 896-8200

Norwottuck Rail Trail, Hadley (413) 584-4466

Wompatuck State Park, Hingham (781) 878-0210 (cycles available weekends only)

**Accessible cycling program** occurs weekly on the Norwottuck Rail Trail May through September.



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## GENERAL INFORMATION

**Fees:** Vehicles bearing a disabled user license plate, placard or disabled veterans plate, and all occupants of the vehicle, are exempt from the day parking fee where applicable. All other fees are consistent with regular user fees. (Fees are based on 2000 rates and are subject to change)

**Contact:**  
DEM Office of Universal Access  
(413)545-5353 or TTY (413)577-2200  
DEM Office of Public Information  
(617)626-1250  
DEM toll Free in Massachusetts (800)831-0569  
Internet [www.state.ma.us/dem](http://www.state.ma.us/dem)  
[Mass.Parks@state.ma.us](mailto:Mass.Parks@state.ma.us)



## Braille, Large Print and Sensory Tours

Many DEM Publications are available on **audio cassette** (including this brochure). Recorded tours of various indoor and outdoor park walks are also available. Call the Universal Access Office to receive a list of recordings and request tapes.

The general Forests and Parks brochure and this Universal Access brochure are available in **Braille and Large Print** from the Universal Access Office.

**Interpretive state park programs** on nature, history, and cultural themes are offered as Sensory Tours for visitors with visual impairments. Contact the Universal Access Program office for a list of recommended parks.



### Camping

Designated hard-packed level sites feature pedestal grills and accessible picnic tables at the following parks. Fees range from \$5 - \$20 per night. To make reservations call toll-free 1-877-I-CAMP-MA (1-877-422-6762) or reserve on-line at [www.ReserveAmerica.com](http://www.ReserveAmerica.com)

DAR State Forest  
Granville State Forest  
Harold Parker State Forest  
Horseneck Beach State Reservation  
Massasoit State Park  
\*Mohawk Trail State Forest  
\*Nickerson State Park  
October Mountain State Forest  
Pittsfield State Forest  
Salisbury Beach State Reservation  
\*Savoy Mountain State Forest  
Scusset Beach State Reservation  
Wompatuck State Park

**\*Cabins and or Yurts** are available for rent year round. Reservations and fee of \$25- \$35 per night are required. **Introductory camping program** provides equipment and instruction at no charge. Call for schedule.



Photo by Maribeth Dawkins





## Trail Experiences

Join the **trails program** for assisted adventures on standard hiking trails or explore on your own. Recommended trails for best accessibility include:

### Accessible Trails (Constructed for Universal Access)

*Ashland State Park* A quarter mile paved trail runs from parking lot to the reservoir and offers great views and benches.

*D.A.R. State Forest* Features a 1/2 mile stabilized stonedust trail that travels through the woods alongside Upper Highland lake. Includes benches, fishing pier and great views.

*Dunn State Park* Features a 3/4 mile stonedust trail that leads through the forest.

*Mt. Tom State Reservation* Features a 1/2 mile loop trail that winds along a section of Lake Ray and rambles through the forest and a large clearing. Includes fishing pier.

*Pittsfield State Forest* A paved 3/4 mile trail known as the “Tranquility Trail” winds through the woods and crosses a brook. Taped audio tour available at park headquarters for visitors with visual impairments.

*Savoy Mountain State Forest* A quarter mile of stabilized stonedust trail travels through woods and skirts the lake. Offers benches and views.

*Scusset Beach State Reservation* A 7.5 mile paved walkway runs along the Cape Cod Canal and offers a fishing pier.

*Wells State Park* Approximate 1/2 mile wooded trail with stonedust surface follows an old farm road past stonewalls, a beaver pond and stoned-lined water feature of unknown historic use.

### Existing trails with few modifications:

*Borderland State Park* Three miles of a wide and hardpacked trail loop that has minimal grades. This quiet woods trail was once used as a carriage road and offers a relatively easy excursion through the forest with views of Leach Pond.

*Dunn State Park* Explore peninsula on 1/5 mile walk from Betty Springs Road parking lot.

*Harold Parker State Forest* 1/4 + mile improved trail through varying forest types with another 1/4 mile along a paved road. Features Quest Finding and Leaf Rubbing interpretive stations.

*Lowell Dracut Tyngsboro State Forest* Approximately 1/2 mile improved trail through varying forest types to secluded pond. Fairly steep terrain features rest areas with benches and interpretation.

*Robinson State Park* Half of a mile of the trail is naturally accessible near the Westfield River. There is an option to travel up a gradual incline to a small waterfall.

*Wendell State Forest* The “Friendly Trail” leads down a medium steep hill to a large undeveloped pond and pavilion picnic area; approximately 1/3 mile long with an improved hardened surface.



Interpretive Program, ©DEM/Jon Crispin



## Picnicking

Picnic sites feature wheelchair accessible tables and pedestal grills at:

Ashland State Park  
D.A.R. State Forest  
Dunn State Park  
Fort Phoenix State Reservation  
Hampton Ponds State Park (pavilion)  
Horseneck Beach State Reservation  
Mohawk Trail State Forest  
Nickerson State Park  
Pittsfield State Forest  
Streeter Point Recreation Area  
Wachusett Mountain State Reservation  
Western Gateway Heritage State Park

**Scenic mountaintop views** accessible by automobile in spring, summer, and fall include:

Mt. Greylock State Reservation  
Mt. Sugarloaf State Reservation  
Mt. Tom State Reservation  
Pittsfield State Forest  
Wachusett Mountain State Reservation

## Winter Recreation

**Outdoor winter recreation programs** include sitskiing, standskiing, snowshoeing, ice skating, and kicksledding in various parks statewide as weather and conditions permit. Call the Universal Access Program office for a statewide winter recreation schedule.



## Cross Country Skiing

Adaptive cross country sitski program provides equipment, instruction and support as needed free of charge. Sitskis are based at the following parks for regular use:

D.A.R. State Forest  
Great Brook Farm State Park  
Pittsfield State Forest  
Wendell State Forest



## Ice Skating

Ice sleds are seated ice skates propelled by arms with the use of short hockey sticks, or pushed by a friend. Ice sleds are based at the following rinks and parks for regular use:

Brockton Rink (508)583-6804  
Carroll Holmes Recreation Area  
D.A.R. State Forest  
Dunn State Park  
Greenfield Rink (413)772-6891  
Springfield Rink (413)781-2599



Ice Skating/Sled Hockey, ©DEM/Jon Crispin



## Assistive Listening

Assistive listening equipment helps provide better hearing access at park programs. Portable FM listening systems are used for both indoor and outdoor tours. Currently 50 parks feature this equipment during the summer and the following parks have this equipment available year round:

Borderland State Park  
Fall River Heritage State Park  
Holyoke Heritage State Park  
Lawrence Heritage State Park  
Lowell Heritage State Park  
Lynn Heritage State Park  
Wachusett Mountain State Reservation  
Walden Pond State Reservation  
Western Gateway Heritage State Park



## TTYs/TDDs

TTY users may call the the Universal Access Program at **413-577-2200** to inquire about park programs and general information.

TTYs/TDDs enable deaf or speech impaired callers to contact the following parks directly:

Borderland State Park  
Holyoke Heritage State Park  
Lawrence Heritage State Park  
Lowell Heritage State Park  
Western Gateway Heritage State Park



## American Sign Language

ASL and other forms of interpretation for people who are deaf are available by request for park programs by calling (413)-577-2200TTY. Advance notice (2 weeks or more) is best.

## PARK DIRECTIONS from Boston

If you are planning on visiting a state forest or park for the first time we strongly encourage you to call ahead for visitor information.

**Ashland State Park**  
(Call Hopkinton State Park for information at 508-435-4303) West Union St., **Ashland**. Rte. 495 to exit 21A, Rte. 135 east into Ashland.

**Beartown State Forest**  
(413)528-0904 Blue Hill Road, **Monterey**. Mass Pike to exit 2, Rte 20 east, Rte. 102 west, Rte. 7 south, Rte. 23 east, Blue Hill Rd. Follow signs.

**Bradley Palmer State Park**  
(978)887-5931 Asbury Street, **Topsfield**. Rte. 1 north to Topsfield. Take right on Ipswich Road. Follow signs.



Cross Country Sitskiing, ©DEM/Jon Crispin

**Borderland State Park**  
(508)238-6566 (Voice/TTY) Massapoag Ave., **North Easton**. Rte. 93 South to Rte. 128 north to Rte. 95 south. Take exit 10 and a left onto Rte. 27 toward Sharon. Through Sharon square and immediate right onto Pond St. Straight on Pond St. which will turn into Massapoag Ave. Follow signs.

**Cape Cod Rail Trail, Dennis-Wellfleet**  
Rte. 6 to exit 9, Rte. 134 south, enter 1/2 mile on left or follow directions to Nickerson State Park.

**Carroll Holmes Recreation Area**  
(413)367-0317 94 Lake Road, **Shutesbury**. Rte. 91, exit 19 from the south and exit 20 from the north to Rte 9 east toward Amherst. Route 116 north to Rte. 9 to North Amherst to Rte 63 north. Eight miles north on Rte. 63 (Montague) and turn right on North Leverett Road. Go six miles from intersection.

**Chicopee Memorial State Park**  
(413)594-9416 Burnett Road, **Chicopee**. Mass Pike to exit 6. Rear right, Park is 1/4 mile on left.

**Cochituate State Park**  
(508)653-9641 Rte. 30, **Wayland**. Mass Pike west to exit 13. Rte 30 east. Look for park on right.

**Connecticut River Greenway State Park**  
(413)586-8706 Damon Road, **Northampton**. Rte. 91 to intersection of Rte. 9 and Damon Road.

**D.A.R. State Forest**  
(413)268-7098 Rte. 112, **Goshen**. Mass Pike west to exit 4, Rte. 91 north exit 19-Northampton, Rte. 9 west to Goshen, Rte. 112 north, follow signs.

**Douglas State Forest**  
(508)476-7872 Wallum Lake Rd., **Douglas**. Mass Pike west to exit 10, Rte. 395 south, Rte. 116 east for 5 miles. Follow signs

**Dunn State Park**  
(978)632-7897 Rte. 10 **Gardner**. Rte. 2 to exit 24 (Rte. 140 North), left at second light onto Rte. 101 South. Park on left.

**Erving State Forest**  
(978)544-3939 200 East Main Street, **Erving**. Rte. 2 to the center of Erving, turn at the Fire Station. Follow signs.

**Fall River Heritage State Park**  
(508)675-5759 Davol Street, **Fall River**. Rte. 24 south to first Fall River exit after the airport entrance. Bear right on Rte. 79. Follow signs.

**Fort Phoenix State Reservation**  
(508)992-4524 Green St., **Fairhaven**. Rte. 24 to Rte. 140 south to Rte. 195 east to Rte. 240 south to Rte. 6 west. Follow signs.

**Great Brook Farm State Park**  
(978)369-6312 984 Lowell Street, **Carlisle**. I-495 to Rte. 110 (Chelmsford), Rte. 4 (Bedford). Right at fork. Look for signs.

**Halibut Point State Park**  
(978) 546-2997 Gott Ave., **Rockport**. Rte. 128 to Gloucester. At rotary go 3/4 around and take Rte. 127. Follow for 6 miles. Take left on Gott Ave.

**Hampton Ponds State Park**  
(413)532-3985 Rte. 202 **Westfield**. Mass Pike west to exit 3, Rte. 10/202 north, at traffic light follow Rte. 202. Park 2 miles on left.

**Harold Parker State Forest**  
(978)686-3391 1951 Turnpike Rd., **N. Andover** Rte. 95 to Rte. 114 west for 10 miles. Follow signs.



Assistive Listening, ©Kindra Clineff/DEM



**Holyoke Heritage State Park**  
(413)534-1723 (Voice/TTY) Appleton Street, **Holyoke**. Mass Pike to exit 4. Rte. 91 north to Rte. 202 north(exit 16). Right at 7th light.

**Hopkinton State Park**  
(508)435-4303 Rte. 85, **Hopkinton**. Rte. 495 to exit 21A to Main Street Hopkinton, left on Rte. 85. Follow signs.

**Horseneck Beach State Reservation**  
(508)636-8816 Rte. 88, **Westport**. Rte. 24 south to I-95 east, to Rte. 88 south. Follow signs.

**Lake Dennison State Recreation Area,**  
(978)939-8962 Rte. 202, **Winchendon**. Rte. 2 west to exit 20, right onto Baldwinville Rd. right onto Rte. 202 north. Follow signs. (Two miles beyond Otter River State Forest)

**Lawrence Heritage State Park**  
(978)794-1655 (Voice/TTY) Jackson St., **Lawrence**. Rte. 495 (Lawrence) to exit 45 (Marston St.). Left on Canal St. Three blocks to Jackson St.

**Lowell Dracut Tyngsborough State Forest**  
For information call Lowell HSP at (978)453-0592. Rte. 3 north to Rte. 113 (Tyngsboro) to Pawtucket Blvd., to Varnum Ave. Stay on Varnum for 3 miles to Trotting Park Rd. Look for signs.

**Lowell Heritage State Park**  
(978)453-0592 (Voice/TTY) Pawtucket Blvd., Lowell. Rte. 495 to “Lowell Connector” exit. Follow to exit 5N and follow signs.

**Lynn Heritage State Park**  
(781)598-1974 Washington and Union Street, **Lynn**. Rte. 1A north to Union Street. Follow signs.

**Massasoit State Park**  
(508)822-7405 Middleboro Ave., **E. Taunton**. Rte. 24 south to Rte. 44. Follow signs.

**Mohawk Trail State Forest**  
(413)339-5504 Rte. 2, **Charlemont**. Rte. 2 west. Four miles west of Charlemont Center.

**Mt. Greylock State Reservation**  
(413)499-4262 Rockwell Rd., **Lanesborough**. Mass Pike to exit 2. Rte 20 west. Rte. 7 north to Lanesborough to North Main St. Follow signs.

**Mt. Sugarloaf State Reservation**  
(413)586-8706 Rte. 5, **South Deerfield**. Mass Pike to exit 4. Rte. 91 north to exit 24. Rte. 116 east. One mile on left.

**Mt. Tom State Reservation**  
(413)534-1186 Reservation Rd., **Holyoke**. Mass Pike to exit 4. Rte. 91 north to exit 17A.

**Nickerson State Park**  
(508)896-3491 Rte. 6A, **Brewster**. (508)896-4615 Campsite reservations. Rte. 6 to exit 12, follow signs to park.

**Norwottuck Rail Trail**  
(See Connecticut River Greenway State Park)

**October Mountain State Forest**  
(413)243-1778 Woodland Road, **Lee**. Mass Pike to exit 2, Rte. 20 west, take right on Center Street. Follow signs.

**Otter River State Forest**  
(978)939-8962 Rte. 202, **Winchendon**. Rte. 2 west to exit 20, right onto Baldwinville Rd., right onto Rte. 202. Follow signs.

**Pittsfield State Forest**  
(413)442-8992 Cascade St., **Pittsfield**. Mass Pike to exit 2. Rte. 20 west toward New York state. Follow signs.



Kicksledding, ©DEM/Jon Crispin

**Quinsigamond State Park**  
(508)755-6880 North Lake St, **Worcester**. Mass Pike to Millbury exit, Rte. 122 north to Rte. 20 east to Sunderland Rd. Take second right onto Lake Ave. Follow signs.

**Robinson State Park**  
(413)786-2877 North St., **Agawam**. Mass Pike to exit 4, Rte. 91 south, Rte. 57 west, Rte. 187 north, to North St. Follow signs.

**Salisbury Beach State Reservation**  
(978)462-4481 Beach Rd., **Salisbury**. Rte. 95 to Rte. 110 east to Rte. 1A north, follow signs.

**Savoy Mountain State Forest**  
(413)663-8962 Central Shaft Rd., **Florida**. Rte. 2 south to Central Shaft Road. Follow signs.

**Scusset Beach State Reservation**  
(508)888-0859 Scusett Beach Road, **Sandwich**. Rte. 3 to Sagamore Bridge traffic circle. Follow signs.

**Streeter Point Recreation Area**  
(Call (508)347-9316 or Wells State Park at (508-347-9257) Rte. 20, **Sturbridge**. Mass Pike west to exit 9. Rte. 20 west. Follow signs.

**South Cape Beach State Park**  
(508)457-0495 Great Neck Road, **Mashpee**. Rte. 3 south over the Sagamore Bridge. Rte. 6 south to exit 2. Rte. 130 east to Mashpee rotary. Exit rotary at New Seabury signs. Follow Great Neck road to end.

**Townsend State Forest**  
For information call Willard Brook SF at (978)597-8802. At junction of Rte. 119 and 13 in Townsend, follow Rte. 119 east approx. 1 mile. Take a right onto Meetinghouse Road. Limited parking.

**Wachusett Mountain State Reservation**  
(978)464-2987 Mountain Rd, **Princeton**. Rte. 2 west to Rte. 140 south, 2 miles to Mile Hill Rd. Pass ski area and continue up hill.

**Walden Pond State Reservation**  
(978)369-3254 Rte. 126, **Concord**. Rte. 2 to Rte. 126 south. Follow signs.

**Wauquoit Bay National Estuarine Research Reserve**  
(508) 457-0495 Rte. 3 south over Sagamore Bridge, Rte. 6 south to exit 2. Take Rte. 30 east to Great Neck Road to Mashpee Rotary. Take Rte. 28 north for 3.5 miles.

**Wells State Park**  
(508)347-9257 Rte. 49, **Sturbridge**. Mass. Pike west to exit 9, Rte. 20 east. At junction with 49 follow signs.

**Wendell State Forest**  
(413)659-3797 Montague Rd., **Wendell**. Rte. 2 east to Rte. 63 south through Millers Falls. Take Wendell Rd. over R.R. bridge. Take Montague Rd. and follow signs.

**Western Gateway Heritage State Park**  
(413)663-6312 (Voice/TTY) Rte. 8, **North Adams**. Rte. 2 to Rte. 8 south. Follow signs.

**Wompatuck State Park**  
(781)749-7160 Union St., **Hingham**. Rte. 3 to exit 14, left onto Rte. 228, through traffic lights. Follow signs.



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